



Grant County Health Department
111 South Jefferson Street Floor 2
Lancaster, Wisconsin 53813-1672
www.co.grant.wi.gov
(608) 723-6416

Volume XXIII Issue V

COMMUNITY EDITION

May 2017

Be Active!

It is Spring time. The flowers are blooming. Birds are chirping. The weather is warming. Now is the time to get outside and be active. Being physically active is important for the health of your body and mind.

- For children engaging in physical activity can improve their muscular fitness and encourage heart and bone health.
- Adults that are regularly physically active lower their risk of diabetes, heart disease, and certain types of cancer.
- In older adults who engage in an active lifestyle they decrease their risk of falls and can improve their cognitive function.
- Evidence shows that people who are physically active also feel happier and are less likely to be depressed.

Grant County and the surrounding area have many opportunities to enjoy the great outdoors. Bordering the Mississippi River, we have access to America's greatest river. The bluffs and valleys of Northern Grant County are also spectacular.

Places to go walking and enjoy the beautiful outdoors in and around Grant County:

- ★Nelson Dewey State Park, Cassville, WI
- ★Wyalusing State Park, Bagley, WI
- ★Grant River Recreation Area, Potosi, WI
- ★Roundtree Trail, Platteville, WI
- ★Mines of Spain, Dubuque, IA
- ★Governor Dodge, Dodgeville, WI
- ★Yellowstone State Park, Darlington, WI

Source: Healthfinder.gov



©Lakeshore

The mission of the Grant County Health Department is to promote the health and wellness of ALL residents of Grant County.

Websites

- ▶ Visit the Grant County website at www.co.grant.wi.gov for more information on Grant County services.
- ▶ Visit the Wisconsin Immunization Registry (WIR) website www.dhswir.org for information on your immunizations.
- ▶ Visit www.grantcountyhospice.com for information on the Hospice Program.
- ▶ Visit www.safegrantcounty.org for information on the S.A.F.E. Grant County Coalition.

Make Mealtimes Fun

When you eat with your children, it is more likely that they will eat healthier and more balanced meals. Conversation-starters can add fun to mealtimes.

Some conversation-starters might be:

- If you could be any type of animal, what would it be and why?
- Describe one of our family traditions you really like.

Talking about food can be a conversation-starter too:

- Ask your kids which food groups are on their plates.
- Talk about where the food comes from: animals, plants, garden, store, etc.
- Share what foods taste like: sweet, sour, spicy, juicy, etc.

Source: Extension Services - West Virginia University



Brought to you by Donna Peterson, Nutrition Educator and Coordinator in Grant and Iowa County with UW-Extension. (phone: 608-930-9856).

UW
Extension

WIC & Health Check Clinics

(Immunizations including influenza vaccine is given at all these clinics)

Jun 1st—Platteville Lutheran Church of Peace from 9:00am to 3:30pm

Jun 6th—Boscobel United Methodist Church from 9:30am to 3:30pm

Jun 14th—Fennimore United Methodist Church from 9:00am to 3:30pm

Jun 15th—Platteville Lutheran Church of Peace from 9:00am to 3:30pm

Jun 20th—Cuba City St Rose—Mazzuchelli Hall from 9:30am to 3:30pm

Jun 22nd—Platteville Lutheran Church of Peace from 9:00am to 3:30pm

Jun 27th—Lancaster Schreiner Memorial Library from 9:00am to 3:30pm

Jun 28th—Late Lancaster Schreiner Memorial Library from 3:00pm to 6:30pm



The Grant County Health Department will be closed on the following day:

May 29th
July 4th



Be Ready for Severe Weather

The peak tornado season in Wisconsin is April to August, but tornadoes can occur anytime. Wisconsin averages 23 tornadoes per year. Last year, 16 tornadoes were reported in Wisconsin by the National Weather Service (NWS). When severe weather is possible pick a credible source of information and keep in touch with that source until the danger has past

What to Listen For...

Tornado Watch: Severe thunderstorms with tornadoes are possible in your area. Remain alert for approaching storms.

Severe Thunderstorm Watch: Thunderstorms with large hail and damaging winds are possible.

Tornado Warning: A tornado has been sighted or indicated by weather radar. Move to a place of safety now!

Severe Thunderstorm Warning: A thunderstorm with large hail and damaging winds has been reported or indicated by weather radar. Move indoors away from windows.

What to Do During a Tornado

If you are:	Then:
Inside (e.g. residence, school, nursing home, hospital, store)	Go to a pre-designated shelter area such as a basement. If there is no basement, go to the center of an interior room on the lowest level away from corners, windows, doors, and outside walls. Get under a sturdy table or desk and use your arms to protect your head and neck. Do not open windows.
In a trailer or mobile home	Get out immediately and go to the lowest floor of a sturdy building or a storm shelter. Mobile homes, even if tied down, offer little protection from tornadoes.
Outside with no shelter	Find shelter in a sturdy building. If you cannot quickly walk to shelter, get into a vehicle, buckle your seatbelt and drive to the closest sturdy shelter. If flying debris occurs while you are driving, pull over and park. Then as a last resort: <ul style="list-style-type: none"> - Stay in the vehicle with the seatbelt on and place your head below the windows, or - If you can safely get noticeably lower than the roadway, exit the vehicle and lie in that area, covering your head with your hands. Do not seek shelter under an overpass

Source: <http://ready.wi.gov>

Get Vaccinated Before You Start Gardening

Vaccinations can prevent many diseases and save lives. All adults should get a tetanus vaccination every 10 years. Tetanus lives in the soil and enters the body through breaks in the skin. Because gardeners use sharp tools, dig in the dirt, and handle plants with sharp points, they are particularly prone to tetanus infections.

- Before you start gardening this season, make sure your tetanus/diphtheria (Td) vaccination is up to date.
- Ask your health care provider if you need any other vaccinations.

Source: CDC



Grant County Rural Safety Day

June 13rd

Rural Safety Day is a program designed to provide youth skills that will help them stay safe in our rural environment. They will learn how to identify possible hazards and to respond correctly if an accident does occur. Safety topics planned: Electrical, ATV, Chemical look a likes, first aid, tug of grain, lawn mower and small engine, and gun safety. Topics subject to change due to availability of speakers.

Brandon Williams, former football player for the Badgers and NFL. will be doing a presentation this year at Rural Safety Day.

It will be held at the Grant County Fairgrounds in Lancaster from 9:30 am to 3:00 pm (Registration starts at 8:45am) There is no cost to the program. (**Lunch and snacks provided**).

Registration forms will be sent home through school. For more information/registration forms, please contact the Grant County Health Department at 608-723-6416. Forms can also be found on the county website www.co.grant.wi.gov under Health Department then Brochures. Registration forms are due to the Grant County Health Department by June 9, 2017.



Change Service Requested

Non-Profit Organization
U.S. Postage
PAID
Lancaster, WI 53813
Permit # 2

GRANT COUNTY HEALTH DEPARTMENT
(608) 723-6416
www.co.grant.wi.gov
111 South Jefferson Street Floor 2
Lancaster, WI 53813-1672